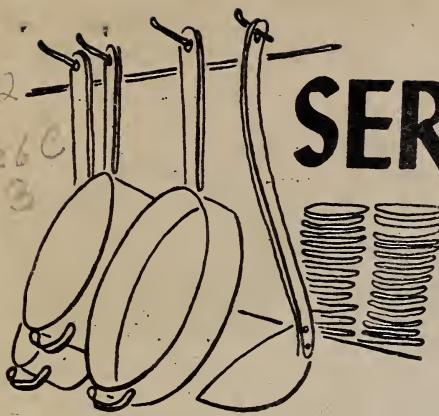


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# SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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No. 9

## NEWS FROM THE FOOD FRONT

Everyone who read the President's address on the food situation, emphasizing the necessity for the United States to help feed the starving peoples overseas, should be aware that industrial feeding operators and industrial workers both must face some adjustment in their food habits in the plant and at home.



The first change from wartime food usage was caused by the President's wheat conservation order to extract 80 percent of the wheat grain as flour instead of the 72 percent commonly milled during the war. Loaves of bread baked from the new flour by experts of the Department of Agriculture at the Beltsville, Md., laboratories were examined and tasted by Secretary of Agriculture Clinton P. Anderson. He took sample loaves of this bread to the White House for President Truman's approval.

Milling of the new flour began March 1, 1946. The new flour is more creamy in color than white flour, but has a very similar flavor.

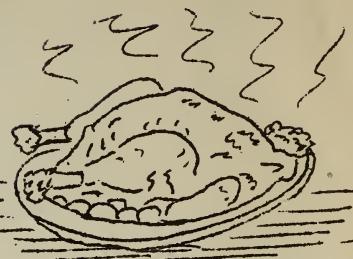
The Department of Agriculture has reinstated set-aside orders on certain meats and fats essential for export to war-torn countries that have little or none of these foods. Pork cuts equivalent to 13 percent of the live weight of hogs slaughtered each week by federally inspected and government certified slaughterers are now required to be set-aside for export purposes. Thirty-seven States having a large pork output are included in this order. Southern states with pork supplies insufficient to meet their demand are not affected.

## ABUNDANT FOODS

Food supplies in 1946 will equal American nutritional requirements, but not American buying power, the nutritional and agricultural economists tell us.

We will get all we need of meats, poultry, fish, butter, fats, canned goods, and sugar, but perhaps not as much of some of them as we want, or the particu-

lar kind we desire. With the economic future of the United States and of her allies at stake, some sacrifices by civilians now is a small price to pay to food hungry men and thereby help to preserve the future peace and security of the world.



Among foods expected to be in abundant supply throughout the country this month are eggs, frying chickens, "Tom" turkeys, rolled oats, and processed citrus products. Fresh citrus fruits and white potatoes are plentiful near the growing areas. Due to the shortage of refrigerator cars, shipments of fresh fruits and vegetables are being curtailed, so these items may be in somewhat short supply in regions far from the areas where they are grown.

#### SERVE EGGS AND EGG DISHES ON THE CAFETERIA MENU



Some of the popular meat cuts may be less plentiful because of military needs for the Army of Occupation and the nutritional needs of civilians in the occupied countries, as well as peoples freed from German and Japanese aggression. It is good to learn that eggs are expected to be plentiful during March.



Eggs are among our most popular foods, and are highly nutritious. Two eggs are about equivalent to a serving of cooked meat in protein content. Eggs are high in iron, and supply valuable B complex vitamins, as well as vitamin A and usually vitamin D. Fried and scrambled eggs, stuffed-egg salad, poached eggs with a vegetable plate, chopped egg salad or sliced egg sandwiches, egg cutlets, scalloped eggs, egg omelet, cheese and other souffles, are acceptable ways of using eggs on the industrial cafeteria lunch menu. Hard-cooked eggs may be offered on the mobile unit lunch and at the lunch counters for mid-shift meals and for between-meal snacks.

Egg-filled sandwiches are always popular for lunch and snack service and both stuffed egg and sliced egg salads make delicious main-course dishes, when accompanied by fresh green and yellow vegetable salads, fresh tomatoes or tomato aspic, fruit salad, or potato salad, either hot or cold.

One egg with ham, bacon, sausage, scrapple or baked hash, or corned beef hash, extends the meat, and makes a universally appealing combination at breakfast, lunch, or dinner.

#### PUBLICATIONS ON EGGS

Industrial feeding managers and industrial dietitians will find valuable information in these publications and releases of the U. S. Department of Agriculture, Washington 25, D.C., on eggs and poultry. They are available free on request to the Office of Information, U.S.D.A., Washington 25, D.C.

1. "Egg Dishes for Any Meal" - AWI-89 Revised August 1944.
2. "Fact Sheet on Poultry" - PMA, November 1945.
3. "Poultry Cooking" - Farmers Bulletin No. 1888
4. "How to Store and Take Care of Eggs" - War Shipping Administration, Food Control Division, 1945. Washington 25, D.C.

## MENUS AND RECIPES USING ABUNDANT FOODS

The suggested menus for special lunches this month emphasize the use of abundant foods, especially fryers, eggs, potatoes, fresh and processed citrus fruits and rolled oats. Recipes for dishes using eggs are given. They include a popular "Pumpkin Cake" served in the Western Union Telegraph Company lunch rooms. Dietitians of Government Services, Inc., have furnished us with two of their favorite standardized main-course egg dishes, "Egg Cutlets" and "Egg Pie." These dishes are popular at the Department of Justice, the Social Security Board, and the Navy Department cafeterias. These are three of the 55 or more employee cafeteria units operated by Government Services, Inc., under the supervision of the Federal Government.

## PUMPKIN CAKE 1/

Ingredients	Amounts for 100 portions
<b>Filling:</b>	
Sugar, brown	10 pounds
Ginger	3 ounces
Nutmeg	3 ounces
Cinnamon	3 ounces
Cloves	1 $\frac{1}{2}$ ounces
Salt	8 ounces
Pumpkin	4 No. 10 cans
Eggs	5 dozens
Milk	3 gallons
<b>Crust:</b>	
Cake flour	6 pounds
Baking powder	2 ounces
Salt	2 ounces
Sugar	2 pounds
Shortening	2 pounds
Eggs, whole	1 dozen
Milk	1 $\frac{1}{2}$ quarts
Vanilla	2 ounces

## Method of making filling:

1. Beat lumps out of brown sugar in mixing bowl using low speed. Add spices and salt. Mix at medium speed until blended.
2. Turn machine to low speed. Add pumpkin, then unbeaten eggs, then milk, gradually blending them together.

## Method of making crust:

1. Mix all dry ingredients together.
2. Add shortening to flour mixture, and mix till coarsely granular.
3. Mix unbeaten eggs, milk and vanilla and combine with pastry mixture.
4. Chill. Roll out paste to fit two 17 inch by 25 inch by 1 inch baking pans.
5. Fill pastry sheet  $\frac{3}{4}$  full of filling.
6. Bake in 400° F. oven for about 15 minutes.
7. Turn temperature down to 350° F. and cook 1 hour and 45 minutes or until custard is set and crust is a golden brown.

## SPECIAL MENUS FOR



(\*The asterisk after certain foods in these menus indicates foods that are in national abundant supply.)

2

Egg\* cutlets 1/

Baked potatoes\*

Mixed green salad with shredded cheese garnish

Whole-wheat rolls with butter or fortified margarine

Sponge roll with lemon\* filling

Milk

1

Roast pork  
Spiced apple sections  
Mashed potatoes\* and gravy  
Crisp carrot sticks and celery hearts  
Enriched bread with butter or fortified margarine  
Raspberry sherbet  
Beverage

3

Boiled dinner: Beef brisket with yellow turnips, and potatoes\*  
Shredded carrot and raisin salad  
Enriched bread with butter or fortified margarine  
Chocolate nut pudding  
Beverage

## EGG CUTLETS 1/

Ingredients	Amounts for 100 portions
Thick cream sauce (12 ounces flour, 8 ounces chicken fat, and 2 gallons milk)	1 gallon
Eggs, hard cooked, peeled and coarsely chopped	7 dozens
Salt	4 ounces
Pepper, white	1/2 teaspoon
Cornstarch	6 ounces
Water, cold	8 ounces
Egg wash:	
Eggs	1 dozen
Cold water	8 ounces
Fresh bread crumbs	as required

Size of portions - 4 ounces cutlet and 2 ounces sauce. Approximate cost per serving as of Jan. 15, 1946 - \$.065

## Method:

1. Make thick cream sauce with chicken fat, flour, salt, pepper and milk.
2. Chop eggs coarsely and fold them into the cream sauce. Then add a paste made of the cornstarch and cold water and cook, stirring constantly until the mixture is very thick.
3. Pour the egg mixture into well-oiled pans to cool. When the mixture is chilled, dip with a No. 12 dipper. Roll each ball in flour, egg wash and fresh bread crumbs. Shape in cutlet form.
4. Fry to a golden brown in deep fat.
5. Serve with Creole sauce.

4

Frankfurters with chili sauce  
 Sauerkraut  
 Mashed potatoes\*  
 Enriched bread with butter or fortified margarine  
 Blueberry turnover  
 Milk

5

Fried fish fillet with tarter  
 Scalloped potatoes\*  
 Butter spinach (or other greens)  
 Corn bread with butter or fortified margarine  
 Orange chiffon pie 2/  
 Beverage

6

Roast shoulder of lamb with dressing  
 Oven browned potatoes\* with gravy  
 Orange\* and grapefruit\* salad  
 Whole-wheat bread with butter or fortified margarine  
 Baked cup custard 4/  
 Beverage

7

Boston baked beans with salt pork  
 Buttered broccoli  
 Sliced tomato salad with cottage cheese  
 Oatmeal muffins with butter or fortified margarine  
 Fruit gelatine with whipped cream  
 Beverage

8

Fried chicken\* with milk gravy  
 Mashed potatoes\*  
 Fresh green lima beans (or frozen lima beans)  
 Hot biscuits with butter or fortified margarine  
 Ice cream or sherbet  
 Beverage

9

Veal loaf with tomato sauce  
 Parsley buttered potatoes\*  
 Buttered peas  
 Whole-wheat rolls with butter or fortified margarine  
 Butterscotch cream pie 4/  
 Beverage

## EGG PIE 1/

## Ingredients

## Amounts for 100 portions

Onions, chopped	1 pound, 5 ounces
Butter, margarine, or poultry fat	5 ounces
Cream sauce, medium thick	2-2/3 gallons
Eggs, hard cooked, peeled and sliced	8 dozens
Carrots, diced	8 pounds
Peas, frozen	8 pounds
Pastry	6 pounds, 11 ounces

Size of portion - 6 ounces

## Method:

1. Brown chopped onions lightly with fat.
2. Blend the onions with the cream sauce.
3. Fold the sliced eggs into the cream sauce.
4. Mix prepared carrots and peas and dip with a No. 16 scoop into individual baking dishes.
5. Add 4 ounces of the egg mixture to each dish.
6. Cover with round of pastry.
7. Bake at 400°F. for about 30 minutes.

1/ Courtesy of Government Services, Inc.

10

Clam chowder (or corn chowder)  
with crisp crackers  
Enriched bread with butter or fortified margarine  
Egg\* and celery salad, garnished with carrot sticks and sweet pickle rings  
Cherry cobbler with fruit juice sauce  
Beverage

11

Corned beef with green cabbage  
Potatoes\* in jackets  
Carrot sticks and dill pickles  
Enriched bread with butter or fortified margarine  
Warm gingerbread topped with apple sauce 4/  
Milk

12

Grapefruit juice or 1/2 grapefruit  
Pork chop sucy with boiled rice 3/  
Cabbage relish  
Whole-wheat rolls with butter or fortified margarine  
Custard pie 4/  
Beverage

1/ See recipes elsewhere in this issue

2/ See February 1946 issue of "Serving Many."

3/ See "Making the Most of Meats in Industrial Feeding."

4/ See "Saving Sugar in Industrial Feeding."

"...SO THAT THEY, TOO, MAY EAT..."

In a humane spirit of cooperation with the great need of the world today for food, a number of industrial feeding operators, and operators of public restaurants, have suggested the practice of serving but one slice of bread with a meal...more to be had only on request.

This commendable plan is aimed at reducing food waste. It is an accepted fact that many diners do not eat all of the bread placed before them.

The effect of the plan would be on a proportionate par with the saving of wheat expected from President Truman's Wheat Conservation Order, under which millers began March 1 to extract 80 percent of the weight of the wheat they grind as flour for human food....a saving that alone will add 25 million bushels of wheat to our exports to help feed Europe's hungry peoples...and to help establish a permanent world peace.

Industrial feeding operators can contribute to the cause of peace----and their future security---by establishing the plan until bread is plentiful again.....for all of us.

13

Creamed eggs\* on melba toast  
Baked potatoes\*  
Cabbage and green pepper slaw  
Oatmeal\* bread with butter or fortified margarine  
Pumpkin cake 1/  
Beverage

14

Fricassee of lamb with potatoes\*, onions, and celery  
Glazed carrots  
Enriched rolls with butter or fortified margarine  
Pineapple sundae  
Beverage

15

Broiled fish with lemon\* butter  
Parsley potatoes\*  
Fresh brussels sprouts (or other green vegetable)  
Whole-wheat bread with butter or fortified margarine  
Fresh fruit cup with oatmeal\* squares 2/  
Milk